

Department of Family Relations and Applied Nutrition



**NUTR\*1010\*01: Nutrition and Society  
COURSE OUTLINE - Fall 2014**

Instructor	Contact Info	Office Hours*
Professor M. Marcinow, PhD Candidate	<a href="mailto:mmarcino@uoguelph.ca">mmarcino@uoguelph.ca</a> MacDonald Stewart Hall (MACS) 335	Wednesday 12:30-2:00PM

Teaching Assistants	Contact Info	Office Hours*
Kathleen Burns Martina Coady Samantha Goodman Rachel Quehl Laura Wilson Ariellia Rodrigues	<a href="mailto:kburns02@uoguelph.ca">kburns02@uoguelph.ca</a> <a href="mailto:coadym@uoguelph.ca">coadym@uoguelph.ca</a> <a href="mailto:sgoodm01@uoguelph.ca">sgoodm01@uoguelph.ca</a> <a href="mailto:rquehl@uoguelph.ca">rquehl@uoguelph.ca</a> <a href="mailto:lwilso13@uoguelph.ca">lwilso13@uoguelph.ca</a> <a href="mailto:ariellia@uoguelph.ca">ariellia@uoguelph.ca</a>	By appointment. Note: We will hold extra help office hours before the midterms and final.

*\*Please take advantage of the instructor and TA office hours as it can be an added benefit to help strengthen your learning experience.*

**Class Times and Location**

---

Lectures Mon, Wed, Fri; 2:30-3:20 PM; War Memorial Hall Room 001

**Course Description**

---

This course is a basic introduction to nutrition. This semester we will discuss how you can plan a healthy diet for yourself, and apply what you learn in the classroom to your own dietary habits. We will also explore micro- and macronutrients, focusing on: nutrient functions in our bodies, sources in the diet, and recommendations. You will learn how nutrition can have an impact on your everyday life by discussing nutrition and its role in health, disease prevention, physical activity and weight management. You will also be introduced to current research and/or events, as it relates to class content, throughout the course.

## Course Objectives

---

By the end of this course, my goal is that you will have developed a basic understanding of nutrition and how it can relate to YOU. More specifically students should be able to:

1. Identify the functions of micro- and macronutrients by describing their role in health.
2. Learn the skills necessary to plan a healthy diet using tools such as the Eating Well with Canada's Food Guide, the Healthy Plate Model and by interpreting food labels.
3. Evaluate the credibility of nutrition information by assessing a nutrition website.
4. Understand and describe the basics of digestion and absorption.
5. Explain the importance of physical activity and maintaining a healthy weight as it relates to our health and selected disease relationships.
6. Understand the impact of the "other" food group (alcohol, coffee, tea) and selected fad diets on our overall health.

## Distribution of Grades

---

Both midterms and final exam are closed book (i.e., no use of notes, textbooks, calculators, phones, or any other electronic device). Midterms will include multiple choice and short answer questions.

Assessment	Date	% Final Grade
<i>Assignment 1</i> Evaluating a Nutrition Website On-line Discussion	Part 1: Sept. 15 by 11:59pm Part 2: Sept. 22 by 11:59pm	10%
<i>Midterm #1</i> Covers material from Sept 5 – Sept 26 (inclusive)	Mon Sept. 29* (in class)	25%
<i>Midterm #2</i> Covers material from Oct 1 – Oct 24 (inclusive)	Mon Oct 27** (in class)	30%
<i>Final exam</i> Covers material from Oct 29 - Nov 24 (inclusive)	Thurs Dec 4 7:00 pm-9:00 pm (location TBA)	35%

## Course Resources

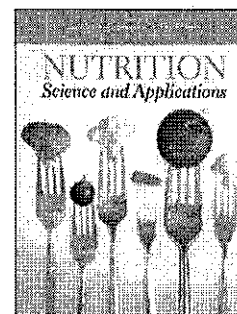
---

### Recommended Text:

Smolin, Grosvenor and Gurfinkel. Nutrition: Science and Applications. Canadian Edition. 2012, John Wiley & Sons, Canada.

- Two copies are on reserve in McLaughlin library for 2hr timeslots.
- Purchase either the binder version, hardcover, or e-text from the bookstore.

\*Please note that this text is recommended and can be a useful tool to help complement course lectures, however, **ONLY MATERIAL COVERED IN CLASS AND DISCUSSED ON LECTURE SLIDES WILL BE FAIR GAME FOR MIDTERMS AND FINAL.**



## Courselink

- Any announcements will be posted under **NEWS**.
- A skeleton version of the lecture slides will be posted before each lecture under **CONTENT**. You may either print the slides and bring them to class to fill in the blanks or bring your laptop and take electronic notes. If you miss a class and would like to catch up on notes and or/ clarify content you may visit the TA's during the extra help midterm/final office hours to do so. Notes will not be emailed to students for any reason.
- If you have any questions there are two discussion boards under **DISCUSSIONS**.
  1. *Ask the Experts*: This discussion board will be designated for any questions you have for myself and the TA's regarding content. I would encourage you to post these questions here rather than emailing me personally since many of you will have the same question(s).
  2. *Help a fellow NUTR\*1010 Classmate*: This board will be designated for you and your fellow classmates to ask each other questions and/or share notes. This is a great opportunity for you to get involved in discussions with fellow classmates, and to support each other throughout the course. (\*FYI: Neither myself nor the TA's will check or respond to discussions posted on this board).
- Grades for Midterm #1 and #2 will be posted under **GRADES**. Grades will be posted within a week after you write the midterm.
- Assignment #1 will be completed under the **DISCUSSION** Tab on Courselink.
- Practice quizzes will be available under **SELF-ASSESSMENTS**.
- Additional resources (e.g., library learning resources) will be available under **LINKS**.

## Course Learning Activities

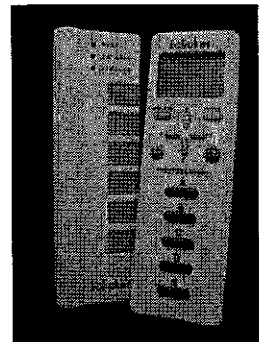
---

### *i>clickers (optional)*

- Bring your clicker to class and use it to respond to in-class questions. I will begin each class with clicker questions as a way to review important concepts from the previous week.
- Purchase is optional. **NO GRADES ARE** attached to the use of clickers.
- An i>clicker2 Student Response Unit (i.e., "clicker") is available for purchase from the University Bookstore, or you can buy one from a friend.
- You can use either i>clicker2 or the former version (both pictured at right).
- <http://www.uoguelph.ca/courselink/iclickers.html>

### *Practice Quizzes*

- Practice quizzes will be located under self-assessments in Course link.
- A quiz will be available for each topic that we cover in class and will consist of content related questions. Questions will either be short answer, true or false, or multiple choice. An option under each question will be available for you to check your answer.
- These quizzes **will not count towards your final grade** but they are an **excellent tool** for practicing before each midterm and the final exam.



## **Policies**

---

**1. Email etiquette:** Please keep in the mind that there are approximately 600 students in this course and only 1 of me. I will **only respond to uoguelph** emails and you will receive a response from me within 48 hours. If you have a question regarding course content I would ask that you post your question on the designated discussion board in CourseLink for you and your fellow classmates to access. Please also acknowledge that I cannot provide advice or guidance related to your own, a friend's, and/or family member's personal health.

**2. Drop Date:** The last date to drop one-semester courses, without academic penalty, is Friday, October 31st. Please refer to the undergraduate calendar for the regulations and procedures for dropping a course: <https://www.uoguelph.ca/registrar/calendars/undergraduate/2014-2015/c08/c08-drop.shtml>

**3. Academic Consideration:** When you find yourself unable to meet an in-course requirement because of illness or compassionate reasons, please advise the course instructor (or designated person, such as a teaching assistant) in writing, with your name, id#, and e-mail contact. See the undergraduate calendar for information on regulations and procedures for Academic Consideration: <http://www.uoguelph.ca/registrar/calendars/undergraduate/current/c08/c08-ac.shtml>

Please note: There are no make-up midterms for this course. The weight of the missed midterm will be added to the final exam. If you are unable to write a midterm due to illness or compassionate reasons, please advise me ASAP (email is acceptable).

**4. Academic Misconduct:** The University of Guelph is committed to upholding the highest standards of academic integrity and it is the responsibility of all members of the University community-faculty, staff, and students-to be aware of what constitutes academic misconduct and to do so as much as possible to prevent academic offences from occurring. University of Guelph students have the responsibility of abiding by the University's policy on academic misconduct regardless of their location of study; faculty; staff and students have the responsibility of supporting an environment that discourages misconduct. Students need to remain aware that instructors have access and the right to use electronic and other means of detection.

Please note: Whether or not a student intended to commit academic misconduct is not relevant for finding of guilt. Hurried or careless submission of assignments does not excuse students from responsibility for verifying the academic integrity of their work before submitting it. Students who are in any doubt as to whether an action on their part could be construed as an academic offence should consult with a faculty member or faculty advisor. The Academic Misconduct Policy is detailed in the Undergraduate Calendar:

<http://www.uoguelph.ca/registrar/calendars/undergraduate/current/c08/c08-amisconduct.shtml>

**5. Accessibility:** The University of Guelph is committed to creating a barrier-free environment. Providing services for students is a shared responsibility among students, faculty and administrators. This relationship is based on respect of individual rights, the dignity of the individual and the University community's shared commitment to an open and supportive learning environment. Students requiring service or accommodation, whether due to an identified, ongoing disability or a short-term disability should contact the Centre for Students with Disabilities as soon as possible. For more information, contact SAS (formerly CSD) at 519-824-4120 ext. 56208 or email [sas@uoguelph.ca](mailto:sas@uoguelph.ca) or see the website: <http://www.uoguelph.ca/csd/>

**6. Recording of Material:** Presentations which are made in relation to course work—including lectures—cannot be recorded or copied without the permission of the presenter, whether the instructor, a classmate or guest lecturer. Material recorded with permission is restricted to use for that course unless further permission is granted.

**7. Resources:** The Academic Calendars are the source of information about the University of Guelph's procedures, policies and regulations which apply to undergraduate, graduate and diploma programs. Please refer to <http://www.uoguelph.ca/registrar/calendars/index.cfm?index>

## Schedule of Topics and Readings

Week	Date	Topic	Text chp
1	Sept. 5	Course Overview	Chp 1
2	Sept. 8-12	Intro to Nutrition and Planning a Nutritious Diet	Chp 2
3	Sept. 15-19	Digestion and Metabolism: What Happens to our Food? <b>Assignment Part 1 Due Sept. 15</b>	Chp 3
4	Sept. 22-26	Carbohydrates: Starch, Sugar and Fibre <b>Assignment Part 2 Due Sept. 22</b>	Chp 4
5	Sept. 29 (in class)	<b>Midterm #1 (Worth 25%; covers Sept. 5-26<sup>th</sup> inclusive)</b>	
	Oct.1, Oct.3	Fats and other Lipids	Chp 5
6	Oct. 6	Fats and other Lipids (continued)	Chp 5
	Oct. 8, Oct. 10	Proteins and Amino Acids	Chp 6
7	Oct. 13	<i>No class – Thanksgiving</i>	
	Oct. 15	Proteins and Amino Acids (continued)	Chp 6
	Oct. 17	The "other" food group: Alcohol	none
8	Oct. 20	The "other" food group: Coffee and tea	none
	Oct. 22, Oct. 24	Weight Management	Chp 7
9	Oct. 27 (in class)	<b>Midterm #2 (Worth 30%; covers Oct. 1-Oct.24<sup>th</sup> inclusive)</b>	
	Oct. 29, Oct. 31	Antioxidants <i>(Fri. Oct. 31st Last day to drop course without academic penalty)</i>	Chp 8,9
10	Nov. 3, Nov. 5	Blood Health	Chp 8,9
	Nov. 7	Water and Electrolytes	Chp 10
11	Nov. 10	Water and Electrolytes (continued)	Chp 10
	Nov. 12, Nov. 14	Nutrients and Bone Health	Chp 9,11
12	Nov. 17	Nutrients and Bone Health (continued)	Chp 9,11
	Nov. 19, Nov. 21	Nutrition and Physical Activity	Chp 13
13	Nov. 24	Fad Diets	none
	Nov. 26	Exam Review	none
	Nov. 28	Spare lecture (TBA)	
	Dec. 4	<b>Final Exam (worth 35%; covers Oct. 29-Nov. 24<sup>th</sup>)</b> <b>Location TBA; 7-9 pm</b>	